

FRONT & CENTER

Providing News to Our Veterans

February 2014

MORE SERVICES FOR WOMEN VETERANS

U.S. Air Force Veteran Sherrill “Sherri” Newark served until September 2001, obtaining the rank of Senior airman (SrA). She was in the services career field, and deployed to Aviano A. B. Italy in 1999. She signed up for VA care as she got out of the service. Sherri uses VA’s women’s health services, and has participated in VA’s *MOVE!* program.

VA Butler Healthcare provides women-centered health care and benefits programs. Comprehensive health care services are available specific to female Veterans’ needs including gynecology, mammography, bone density testing, maternity

care and counseling in a discreet and private setting. Coordination of support services for female Veterans including medical care, mental health treatment, and violence and abuse counseling also are available.

VA Butler also has a full-time Women Veterans Program Manager to help coordinate all needed services.

“There are more women now than when I first started using the VA, and there are more services for women from when I first started coming to VA Butler,” said Sherri. Women are the fastest growing group within the Veteran population, more than 1,000 females are enrolled at VA Butler.

In addition, VA Butler is constantly expanding and adding services for women Veterans. Recently added services include nexplanon insertions/removals, colposcopy, portable take-home units to treat Urodynamics, Post-traumatic stress disorder (PTSD) and Military Sexual Trauma (MST) groups, and Cognitive Processing Therapy (CPT). Extended hour appointments also were added for women health services at the main facility and five VA Community-Based Outpatient Clinics.

Healthy living is important to Sherri, and VA Butler is raising the awareness about healthy behaviors and

encouraging and supporting women Veterans in their efforts to adopt healthy lifestyles. “I participated in VA’s *MOVE!*

program. I also do a Zumba class twice a week and watch my carbs. I like to ride my bike with my nephew and go hiking in the woods to stay active.”

Want more information on women Veterans health care or healthy living programs at VA Butler Healthcare? Visit www.butler.va.gov/services/women/index.asp and www.butler.va.gov/services/Health_and_Wellness.asp.



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THIS MONTH IN HISTORY...FEBRUARY

- 2** Groundhog Day, featuring a rodent meteorologist, is celebrated for the first time at Gobbler’s Knob in Punxsutawney, Pa. (1887)
- 13** The Marine Corps Women’s Reserve is created (1943)
- 14** James Polk becomes the first U.S. President to be photographed in office by Matthew Brady (1848)
- 15** The first serious fist fight occurs in Congress (1798)
- 17** The U.S. launches its first weather station in space, Vanguard II (1959)
- 23** The Liberty Bell tolls for the last time, to mark George Washington’s birthday (1846)
- 23** Desert Storm Ground War begins (1991)



FEBRUARY 7, 2014 IS NATIONAL WEAR RED DAY

Wear Red on February 7 to raise awareness of heart disease in women Veterans. Although it is the most common health threat, too many women Veterans do not realize they have heart disease until it is too late. Visit www.womenshealth.va.gov to take steps toward a healthier heart.





SAFE WINTER DRIVING - 6 MORE WEEKS OF WINTER

Every February 2, Punxsutawney Phil emerges from his dwelling at Gobbler's Knob to predict the weather. However, whether he sees his shadow or not, spring always arrives on March 21, which means...six more weeks of winter and winter driving conditions.

Inclement weather, icy roads, and heavy traffic are significant factors in creating hazardous driving conditions. Stay safe on the roads:

- Keep your gas tank full and check fluid levels, tire inflation, and window cleaner fluid before you travel
- If you feel tired, pull over and rest

- Allow an extra hour or two of travel time to make up for traffic and weather delays
- Drive with your lights, especially during bad weather (it increases visibility even during day-time hours)
- Carry a winter emergency kit in your car
- Plan your travel route in advance, and an alternate (Don't rely on your GPS in bad weather)

Stay safe this winter, and all year long. If you have questions about safe driving, visit www.safedriving.va.gov or talk with your health care team.

VA CELEBRATES AFRICAN AMERICAN HISTORY MONTH

2.4 million—the number of African American military Veterans in the U.S. in 2012

VA Butler Healthcare is proud to join the nation in celebrating African American History Month throughout February. In 1926, Negro History Week was first celebrated, created by educator and historian Dr. Carter G. Woodson. Black History Month was then established in 1976. Dr. Woodson chose the second week of February for Negro History Week because it marked the birthdays of two people who had greatly impacted Black Americans' lives: Frederick Douglass and Abraham Lincoln.

At VA, we serve together. Duty to country knows only three colors—red, white, and blue. All those who have served, have earned the honored title of "Veteran." Fighting in every conflict since the Revolutionary War, African American Veterans have established an enduring legacy of service—*thank you*.

VA's Center for Minority Veterans assists eligible Veterans in their efforts to receive benefits and services from VA. The Center is dedicated to ensuring that all Veterans are aware of benefits, services, and programs offered by VA. Learn more: www1.va.gov/centerforminorityveterans/.

VETERANS CRISIS LINE—HELP VETERANS CONNECT

Let Veterans know they matter—talking about it opens the door.

This February, help them connect with www.VeteransCrisisLine.net, where they can talk to caring professionals at any time. Call 1-800-273-8255 and Press 1, chat online, or text to 838255.

U.S. Department of Veterans Affairs
Connect, it matters.
Engage, it matters.
Friendship, it matters.
Ask the question, it matters.
Support.
Compassion, it matters.
Family, it matters.
Be There, it matters.
Listen, it matters.
Confidential help for Veterans and their families
Veterans Crisis Line
1-800-273-8255 PRESS 1
It Matters.
Because one small act can make the difference.
Confidential chat at VeteransCrisisLine.net or text to 838255

We want to hear from you! Email amanda.kurtz2@va.gov or lauren.heiger@va.gov to share your story with us!

EVENTS

- 7 **VA Goes Red for Women Veterans**
Friday, February 7 • 11:30am-1:30pm
VA Butler Healthcare Auditorium
- 9 **National Salute to Veteran Patients Week**
Sunday, February 9 – Saturday,
February 15
VA Butler Healthcare (and nationwide)
Call 724.285.2575 for more information
- 11 **Veterans Behavioral Health Council Meeting**
Tuesday, February 11 • 10-11pm
Room 218 SW, VA Butler Healthcare



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